



RESILIENCY



U.S. AIR FORCE

What is Resiliency?

Resilience: “Is the ability to withstand, recover and/or grow in the face of stressors and changing demands.”

Source: Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury

Good resilience is like a rubber band...

Bouncing back
good adjustment
and a great way
to handle life!



Resiliency usually leads to good outcomes!

We all have Resiliency!

Ability to bounce back from difficulties!

Rebounding, springing back and recovering quickly

Resilience is common, ordinary and normal!



Coach Vince Lombardi



**“It is not whether you get knocked down.
It’s whether you get up again...”**

Secrets of Resilient Persons

Resilient Airmen make good Wingmen





Positive Orientation

Focus upon positives such as gratitude, blessings, delights, interests, and love

Cope with hard times through laughter, humor and fun!!

Make time to play & have fun!

Increase contacts & support from important people in your life – like your Wingman!

Dead End



- Avoid unpleasant memories, thoughts and feelings
- Repress negative feelings
- Negatives tend to keep you stuck and make it difficult to rebound...

Road to Resiliency

Lots of pathways
to resilience!

Need multiple
positive ways to
cope with
setbacks,
disappointments
& difficulties



Self-Confidence
helps to handle
it!

Rebound
every day!

Move Ahead



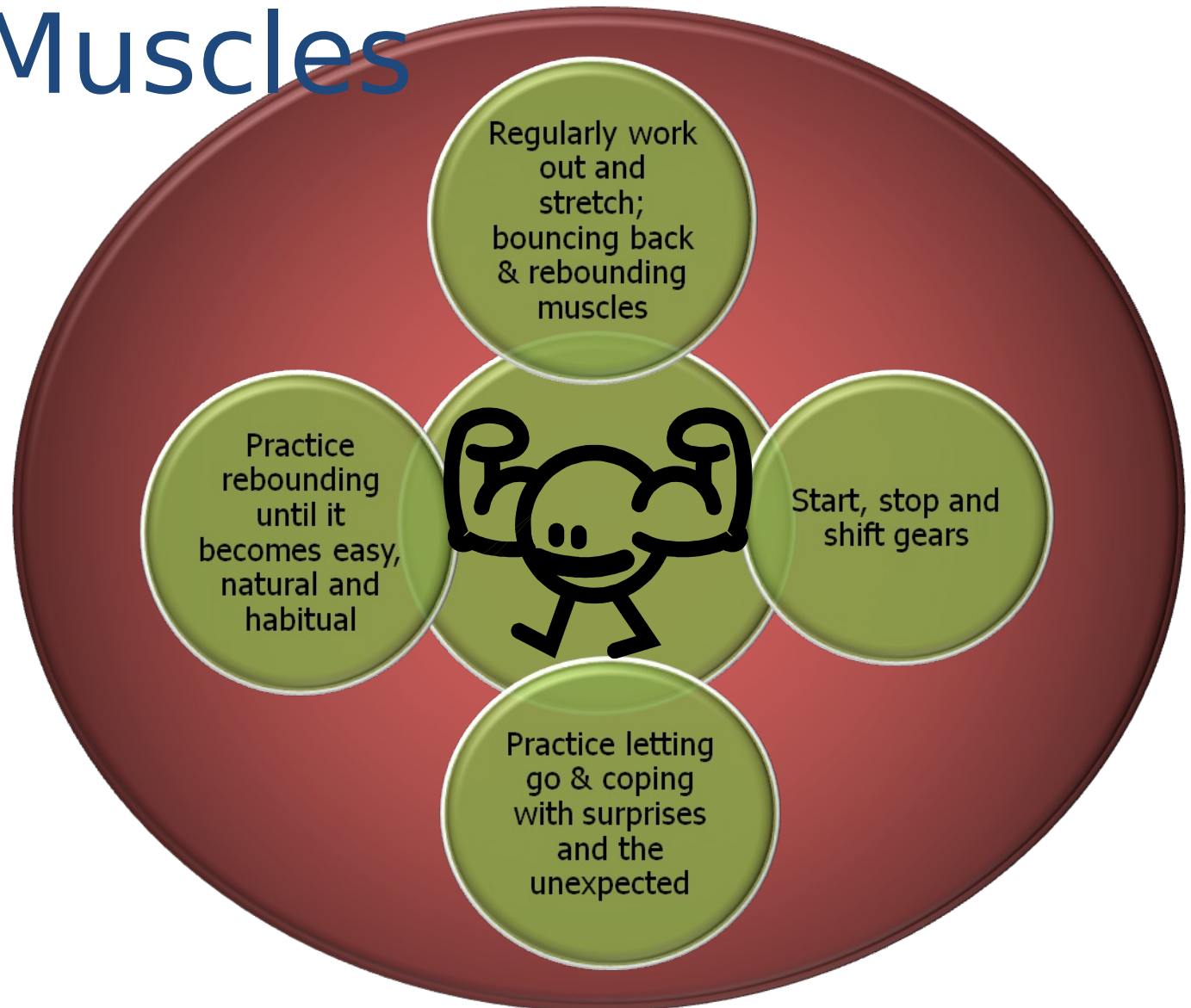
Focus on the future rather than dwell on past

May become preoccupied and stuck with past and unable to move on...

Learn from what you've gone through...

Look ahead & plan for the next steps

Building Resiliency Muscles



More Resiliency Strategies



Physical Fitness

- Manage your levels of stress
- Eat well
- Get enough rest
- Exercise



Mental Fitness

- Take breaks & use relaxing muscles
- Maintain positive self-esteem



Social Fitness

- Talk to family, friends, physician, chaplain
- Build and maintain social support
- Get involved in community, group activities
- Be a Wingman!



Spiritual Fitness

- Maintain a sense of purpose
- Strengthen faith

RESILIENT AIRMEN

Resiliency

**Lots of ways
to cope with
and bounce
back from
difficulties &
setbacks!**

**Resilience is
a skill that
we can build
and improve!**

**All of us can
get up,
spring back
and rebound!**



Improvise, Adapt, Overcome

